

The logo for Minimalist Baker, featuring the brand name in a stylized script font with 'est. 2012' in a smaller font below it, all enclosed within a dark green circular shape.

Minimalist Baker
est. 2012

A top-down view of a large, oval-shaped white plate with a subtle dotted texture. The plate is filled with a colorful, shredded vegetable salad, primarily consisting of orange and red bell peppers, purple cabbage, and green herbs. A small, round, dark brown bowl containing a thick, orange-colored dressing sits on the right side of the plate. Two wooden spoons are placed on the left side of the plate. The plate is garnished with several lime wedges and fresh cilantro leaves. The background is a light-colored, textured surface, possibly a marble countertop, with scattered herbs and a whole green chili pepper visible in the upper right corner.

FAN FAV ORI TES

20 OF OUR MOST LOVED AND HIGHLY-RATED RECIPES

recipes & photos by Dana Shultz



WHETHER YOU'RE NEW TO MINIMALIST BAKER OR HAVE BEEN AROUND FOR A while now, we're so glad you're here. Welcome.

I'm the author - Dana - and along with my husband, John, we created this blog in 2012 with the goal of helping others get into the kitchen to cook simple food. I create the recipes and photographs while John handles all of the design, technical support, and blogger resources.

We created Minimalist Baker because so many of the food blogs I was following at the time were beautiful, but the recipes were too complicated to attempt. And so, I set out to create a blog I wanted to cook from and Minimalist Baker was born.

If you're wondering about our name, I'm kind of a lazy cook so that's where the "minimalist" concept comes into play. I love simple cooking. And I also have a sweet tooth, which is why we added "baker." But we're about more than just easy desserts. We've become a destination for delicious recipes that require just 30 minute or less, 1 bowl, or 10 ingredients to prepare.

We also love plants. While we don't ascribe to any one diet, we do try and eat what makes us feel best, which happens to be a lot of plants. And because so many of our friends and readers are gluten-free, we've focused on creating gluten-free recipes as well.

So while you may notice many of our recipes fall into the "vegan, gluten-free" category, we aren't entirely vegan or gluten-free ourselves! (That's right - plant-based cooking can be for any type of eater!) We just enjoy cooking that way and love helping others do the same.

Consider this ebook an introduction to 20 of our most loved recipes. In trying these dishes, we hope you'll get a feel for our style of cooking, what flavors we're into, and just how simple delicious food can be. These recipes have been tried and tested by you - our readers - and earned the stamp of approval time and time again. Expect a mix of delicious breakfast dishes, entrées, and desserts.

We hope you enjoy cooking your way through these recipes. Once you've tried these fan favorites, we hope you'll jump over to the blog for even more simple, delicious meals and cooking inspiration. We're so glad you're here. Now, let's dig in!

DANA & JOHN

BRE

AKF

AST

Healthy 5-Ingredient Granola Bars

World's Easiest Cinnamon Rolls

Best Damn Vegan Biscuits

Southwest Tofu Scramble

Oatmeal Chocolate Chip Cookie Pancakes



VEGAN
GLUTEN-FREE

HEALTHY 5-INGREDIENT GRANOLA BARS

Healthy, no-bake granola bars with just five ingredients & a sweet crunchy texture make an ideal portable breakfast or snack.

PREP TIME 10 minutes

COOK TIME 5 minutes

MAKES 10 bars

1 cup (200 g) packed dates, pitted
(deglet nour or medjool)*

1/4 cup (60 ml) agave nectar or
maple syrup

1/4 cup (64 g) creamy salted natural
peanut butter or almond butter

1 cup (112 g) roasted unsalted almonds,
loosely chopped

1-1/2 (135 g) cups rolled oats
(gluten-free for GF eaters)

Chocolate chips, dried fruit, nuts,
banana chips & vanilla, optional

**If your dates don't feel sticky & moist, soak them in water for 10 minutes and drain before processing. This will ultimately help hold the bars together better.*

Process dates in a food processor until small bits remain, about 1 minute. It should form a "dough" like consistency.

Place oats, almonds & dates in a bowl, then set aside.

Warm agave nectar or maple syrup and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.

Once thoroughly mixed, transfer to an 8-x-8 baking dish or other small pan lined with plastic wrap or parchment paper, so they lift out easily. A loaf pan might work, but will yield thicker bars.

Press down until uniformly flattened. Cover with parchment or plastic wrap, and set in fridge or freezer for 15 to 20 minutes to harden.

Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to several days.

NOTES FROM DANA

- » For extra flavor, toast your oats in a 350 degree F (176 C) oven for 15-ish minutes or until slightly golden brown & toasted.
- » Keep these bars extra fresh by storing them in the freezer. When you're ready to snack, let thaw until softened.

nutrition information per bar

CALORIES 217 FAT 8g SAT FAT 1g CARBOHYDRATES 31g SUGAR 19g FIBER 4g PROTEIN 6g

VEGAN

THE WORLD'S EASIEST CINNAMON ROLLS

Easy cinnamon rolls with just 7 ingredients and no complicated steps. Just proof, roll out, and bake! Plus, they're vegan and SO delicious, fluffy, and gooey!

PREP TIME 1 hour 30 minutes

TOTAL TIME 1 hour 55 minutes

MAKES 10 servings

1 packet instant (or rapid-rise) yeast* (2 1/4 tsp)

1 cup (240 ml) unsweetened plain almond milk

1/2 cup (112 g) Earth balance (vegan butter), divided

1/4 tsp salt

3 cups (408 g) unbleached all-purpose flour*

1/2 - 1 Tbsp ground cinnamon (to taste)

1/4 cup + 1 Tbsp (63 g) organic cane sugar, divided*

NOTES FROM DANA

- » You can use regular yeast, but it will require more time to let them rise properly.
- » I have not tried making this recipe gluten-free. However, some of you have tried using gluten-free blends with some success. At this time I haven't tested this recipe gluten-free and can't guarantee the results if substitutions are made.
- » Nutrition information does not include any frosting.

In a large sauce pan (or in a bowl in the microwave at 30-second increments), heat the almond milk and 3 Tbsp Earth Balance until warm and melted, never reaching boiling. Remove from heat and let cool to 110 degrees F (43 C) or the temperature of bath water. It should be warm but not too hot or it will kill the yeast.

Transfer mixture to a large mixing bowl and sprinkle on yeast. Let activate for 10 minutes. Then add 1 Tbsp sugar and the salt and stir.

Next add in flour 1/2 cup (68 g) at a time, stirring as you go (you may not add it all). The dough will be sticky. When it is too thick to stir, transfer to a lightly floured surface and knead for a minute or so until it forms a loose ball (be careful not to overmix). Rinse your mixing bowl out, coat it with canola or grapeseed oil, and add your dough ball back in. Cover with plastic wrap and set in a warm place to rise for about 1 hour, or until doubled in size (see photo).

On a lightly floured surface, roll out the dough into a thin rectangle. Brush with 3 Tbsp melted Earth Balance and top with 1/4 cup sugar and 1/2 - 1 Tbsp cinnamon (to taste).

Starting at one end, tightly roll up the dough and situate seam side down. Then with a serrated knife or a string of floss, cut the dough into 1.5 - 2 inch sections and position in a well-buttered 8x8-inch square or comparable sized round pan (you should have about 10 rolls). Brush with remaining 2 Tbsp Earth Balance (melted) and cover with plastic wrap. Set on top of the oven to let rise again while you preheat oven to 350 degrees F (176 C).

Once the oven is hot, bake rolls for 25-30 minutes or until slightly golden brown. Let cool for a few minutes and then serve immediately.

Optional: Frost with dairy-free cream cheese frosting or a simple mixture of 1 cup (112 g) organic powdered sugar and 1-2 Tbsp (15-30 ml) almond milk.

nutrition information per serving

CALORIES 243 **FAT** 9g **SAT FAT** 3g **CARBS** 34g **SUGAR** 5g **SODIUM** 174mg **FIBER** 1.4g **PROTEIN** 4.2g









VEGAN

THE BEST DAMN VEGAN BISCUITS

Fluffy, buttery vegan biscuits that require just 30 minutes, 7 ingredients, and 1 bowl! Perfect for breakfast as is or smothered with jam!

PREP TIME 10 minutes

COOK TIME 15 minutes

MAKES 7 biscuits

1 cup (240 ml) unsweetened
PLAIN almond milk

1 Tbsp (15 ml) fresh lemon juice

2 cups (272 g) unbleached all-
purpose flour

1 Tbsp (7 g) baking powder

1/2 tsp baking soda

3/4 tsp sea salt

4 Tbsp (56 g) non-dairy, unsalted butter
(I use Earth Balance)

Preheat oven to 450 degrees F (232 C), and add lemon juice to almond milk to make “vegan buttermilk.” Set aside.

In a large mixing bowl, whisk together dry ingredients.

Add cold butter and use fingers or a pastry cutter to combine the two until only small pieces remain and it looks like sand. Work quickly so the butter doesn't get too warm.

Make a well in the dry ingredients and, using a wooden spoon, stir gently while pouring in the almond milk mixture 1/4 cup at a time. You may not need all of it. Stir until just slightly combined – it will be sticky.

Turn onto a lightly floured surface, dust the top with a bit of flour and then very gently turn the dough over on itself 5-6 times – hardly kneading.

Form into a 1-inch thick disc, handling as little as possible.

Use a 1-inch thick dough cutter or a similar-shape object with sharp edges (such as a cocktail shaker) and push straight down through the dough, then slightly twist. Repeat and place biscuits on a baking sheet in two rows, making sure they just touch – this will help them rise uniformly. Gently reform the dough and cut out one or two more biscuits – you should have 7-8.

Next brush the tops with a bit more of melted non-dairy butter and gently press a small divot in the center using two fingers. This will also help them rise evenly, so the middle won't form a dome.

Bake for 10-15 minutes or until fluffy and slightly golden brown. Serve immediately. Let remaining biscuits cool completely before storing them in an airtight container or bag.

**Adapted from the man, Alton Brown.*

nutrition information per biscuit

CALORIES 170 **FAT** 6g **SAT FAT** 1.8g **CARBOHYDRATES** 25g **SUGAR** 3.4g **FIBER** 1g **PROTEIN** 3.4g

VEGAN
GLUTEN-FREE

SOUTHWEST TOFU SCRAMBLE

A savory, Southwest-inspired tofu scramble with veggies & a simple five-ingredient sauce. Only 10 ingredients, 30 minutes & 1 pan!

PREP TIME 10 minutes

COOK TIME 20 minutes

MAKES 2 servings

SCRAMBLE

8 (227 g) ounces extra firm tofu

Olive oil

1/4 red onion, thinly sliced

1/2 red pepper, thinly sliced

2 cups (134 g) kale, loosely chopped

SAUCE

1/2 tsp. sea salt

1/2 tsp. garlic powder

1/2 tsp. cumin powder

1/4 tsp. chili powder

1/2 tsp. turmeric, optional

FOR SERVING

Salsa, cilantro & hot sauce

Breakfast potatoes, toast
and/or fruit

Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.

While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.

Prep veggies and warm a large skillet over medium heat. Once hot, add 1 to 2 Tbsp. olive oil, the onion and red pepper. Season with a pinch each salt & pepper and stir. Cook until softened, about 5 minutes.

Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.

In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.

Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies.

Stir immediately, evenly distributing the sauce. Cook for an additional 5 to 7 minutes, or until tofu is slightly browned.

Serve immediately with breakfast potatoes, toast and/or fruit. I like to add more flavor with salsa, hot sauce and/or fresh cilantro.

**Inspired by & adapted from Eat Within Your Means*

nutrition information per serving

CALORIES 252 **FAT** 19g **SAT FAT** 3g **CARBS** 12.7g **SUGAR** 2.5g **SODIUM** 516mg **FIBER** 3g **PROTEIN** 12g









VEGAN

CHOCOLATE CHIP OATMEAL COOKIE PANCAKES

I've called these chocolate chip oatmeal cookie pancakes for a very plain reason: that's exactly what they taste like.

PREP TIME 5 minutes

COOK TIME 5 minutes

MAKES 5 to 6 pancakes

1 very ripe medium banana
(118 g unpeeled)

1 tsp. baking powder

1 flax egg (1 Tbsp (7g) flax seed
meal + 2.5 Tbsp (37 ml) water)

pinch of salt

1/2 tsp. vanilla extract

1 Tbsp. (16 g) almond butter

1 Tbsp. (15 ml) canola, avocado, or
melted coconut oil

3 Tbsp. (45 ml) unsweetened
almond milk (or sub other milk)

1/2 cup (45 g) rolled oats
(or sub gluten free oats)

1/4 cup (34 g) whole wheat or
unbleached flour

3 Tbsp. non-dairy chocolate chips

Preheat a skillet to medium heat.

Prepare flax egg by mixing 1 Tbsp. flaxseed meal and 2 1/2 Tbsp. water. Let set for 3 to 5 minutes. In a separate mixing bowl, mash your very ripe banana with baking powder.

Add flax egg, oil, salt, vanilla, almond butter, almond milk and stir. Stir in oats and flour until just combined. Sprinkle in chocolate chips and fold gently. Let batter rest for 5 to 10 minutes.

Scoop scant 1/4 cup measurements onto lightly greased griddle. Cook for 2 to 4 minutes on each side until golden brown.

Serve plain or with a drizzle of maple syrup and a few extra chocolate chips for melting.

NOTES FROM DANA

- » Make this recipe gluten-free & use GF oats & flour.
- » Add 1 tbsp. honey, maple syrup or agave nectar for extra sweetening, but I didn't find it necessary.
- » These pancakes are great reheated in the microwave the next day.



nutrition information for entire recipe

CALORIES 760 **FAT** 37g **SAT. FAT** 7.8g **CARBS** 96g **SUGAR** 28g **FIBER** 12.6g **PROTEIN** 14g



M

A

I

N

S

Garlicky Kale Salad with
Crispy Chickpeas

Mediterranean Baked
Sweet Potatoes

Quinoa Taco Meat

1-Pot Lentil Chili

Sweet Potato Chickpea
Buddha Bowl

General Tso's Tofu Stir-Fry

Crispy Peanut Tofu & Cauliflower
Rice Stir Fry

1-Hour Vegan Pot Pie

Roasted Cauliflower Tacos with
Chipotle Romesco

Noodle-Free Pad Thai

Garlic & White Wine Pasta with
Brussels Sprouts

VEGAN
GLUTEN-FREE

GARLICKY KALE SALAD WITH CRISPY CHICKPEAS

SUPER flavorful, 30-minute Kale Salad with a creamy roasted garlic tahini dressing and crispy tandoori roasted chickpeas!

PREP TIME 7 minutes

COOK TIME 23 minutes

SERVES 2-3

10 ounces (283 g) kale, loosely chopped or torn

CHICKPEAS

1 15-ounce (425 g) can chickpeas, rinsed, drained and thoroughly dried

1 1/2 Tbsp (22 ml) olive, avocado or grape seed oil

2 1/2 - 3 Tbsp (18-21 g) tandoori masala spice blend*

DRESSING

1 head garlic

1/4 cup (60 g) tahini

2 Tbsp (30 ml) olive oil + more for roasting garlic

2 lemons, juiced (~1/3 cup or 80 ml)

1-2 Tbsp maple syrup (or honey if not vegan)

Pinch each salt + pepper

Hot water to thin

Peel apart garlic cloves but leave the skin on. Preheat oven to 375 degrees F (190 C).

Add drained chickpeas to a mixing bowl and toss with oil and seasonings.

Add garlic cloves and seasoned chickpeas to a baking sheet. Drizzle garlic with a bit of olive or grape seed oil. Bake for 20-23 minutes or until the chickpeas are slightly crispy and golden brown and the garlic is fragrant and slightly browned. Remove from oven and set aside.

Squeeze garlic out of skins / peel away skins and add to a mixing bowl. Add all remaining dressing ingredients and whisk vigorously to combine, smashing the garlic with the whisk. Taste and adjust seasonings as desired, adding more lemon for brightness and maple syrup for sweetness. Set aside.

Add kale to a large mixing bowl. Before adding dressing, add 1 Tbsp each lemon juice and olive oil to the kale and massage with hands to soften the texture and lessen bitterness. Then add as much dressing as desired (some may be leftover) and mix with a spoon.

Top with chickpeas and serve. Best when fresh, though leftovers keep in the fridge for up to a few days.

NOTES FROM DANA

- » I bought my Tandoori Masala Spice blend at Whole Foods (it's the Whole Foods Market brand), but you can easily make your own (see next note).
- » DIY Tandoori Masala Blend: 3 Tbsp cumin, 2 Tbsp garlic powder, 2 Tbsp paprika, 3 tsp ginger, 2 tsp coriander, 2 tsp cardamom. Multiply as needed.
- » Nutrition information is a rough estimate for 1 of 3 servings with all of the dressing.

nutrition information per serving

CALORIES 494 FAT 29g SAT FAT 4g CARBS 46g SUGAR 5.8g SODIUM 80mg FIBER 13g PROTEIN 17g







VEGAN
GLUTEN-FREE

MEDITERRANEAN BAKED SWEET POTATOES

Simple, 30-minute baked sweet potatoes with toppings that are delicious, fresh, healthy and naturally vegan and gluten free.

PREP TIME 5 minutes

COOK TIME 25 minutes

MAKES 4 servings

DRESSING

4 medium sweet potatoes (~650 g total)

1 15-oz (425 g) can chickpeas, rinsed
& drained

1/2 Tbsp. olive oil

1/2 tsp. each cumin, coriander,
cinnamon & smoked paprika

Sea salt & lemon juice, optional

GARLIC HERB SAUCE

1/4 cup (60 g) hummus (or tahini)

juice of 1/2 lemon

3/4 to 1 tsp. dried dill (or sub 2 to 3 tsp. fresh)

3 cloves garlic, minced

Water or unsweetened almond milk, to thin

Sea salt, to taste

TOPPINGS (OPTIONAL)

1/4 cup (37 g) cherry tomatoes, chopped

1/4 cup (7 g) chopped parsley, minced

2 Tbsp. (30 ml) lemon juice

Chili garlic sauce (I like Huy Fong
Foods brand)

Preheat oven to 400 degrees F, and line a large baking sheet with foil.

Rinse and scrub potatoes and cut in half length-wise. This will help speed cooking time. Otherwise leave whole and bake for longer (approximately double the time, 45 min to 1 hour).

Toss chickpeas with olive oil & spices, and place on a foil-lined baking sheet.

Rub the sweet potatoes with a bit of olive oil, and place face down on the same baking sheet (or another baking sheet depending on size).

While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to almond milk to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I found mine didn't need anything else. Also prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.

Once sweet potatoes are fork tender and the chickpeas are golden brown—roughly 25 minutes—remove from oven.

For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.

NOTES FROM DANA

- » If you don't have any hummus, tahini (which you can DIY) will make a great substitution for the sauce—just adjust the seasonings to taste to accommodate the lack of flavor tahini provides.
- » Adjust number of sweet potatoes in this recipe per person eating. Buy organic for best quality and flavor.
- » Additional side & topping ideas might include hummus, pita chips, baba ganoush or Persian eggplant dip.

nutrition information per 1 potato with toppings

CALORIES 313 **FAT** 5g **SAT FAT** .7g **CARBS** 60g **SUGAR** 3.9g **SODIUM** 82mg **FIBER** 11.7g **PROTEIN** 8.6g

VEGAN
GLUTEN-FREE

QUINOA TACO MEAT

Amazingly flavorful taco “meat” made with quinoa, smoky seasonings, and salsa! Baked until hot and crispy. A healthy substitute for ground beef (just 9 ingredients)!

PREP TIME 15 minutes

COOK TIME 45 minutes

SERVES 3 1/2 cups

QUINOA

1 cup (184 g) tri-color, white, or red quinoa

1 cup (240 ml) vegetable broth*

3/4 cup (180 ml) water

SEASONINGS

1/2 cup (128 g) salsa (slightly chunky is best - I love Trader Joe's brand)

1 Tbsp (3 g) nutritional yeast

2 tsp ground cumin

2 tsp ground chili powder

1/2 tsp garlic powder

1/2 tsp each sea salt and black pepper

1 Tbsp (15 ml) olive or avocado oil

Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes, stirring frequently.

Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.

Preheat oven to 375 degrees F (190 C).

Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on a lightly greased (or parchment-lined) baking sheet.

Bake for 20-35 minutes, stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn!

This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostadas, and in enchiladas. Dream big!

Store leftovers in the refrigerator up to 4-5 days. Reheat in the microwave, in a 350 degree F (176 C) oven, or in a skillet on the stovetop.

NOTES FROM DANA

- » The vegetable broth infuses more flavor into the quinoa. But if you don't have it, just sub water and adjust spices/salsa as needed.
- » Nutrition information is a rough estimate for 1 of roughly 6 (1/2 cup) servings.

nutrition information per serving

CALORIES 147 FAT 4.5g SAT FAT 0.6g CARBS 21.4g SUGAR 0.8g SODIUM 415mg FIBER 2.6g PROTEIN 5.7g







VEGAN
GLUTEN-FREE

1-POT RED LENTIL CHILI

Hearty red lentil chili made in 1 pot with simple ingredients! A smoky, flavorful, protein- and fiber-rich plant-based meal perfect for cold nights and feeding a crowd.

PREP TIME 10 minutes

COOK TIME 45 minutes

SERVES 6

- 2 Tbsp (30 ml) grape seed or coconut oil
- 1 white or yellow onion, diced (110 g)
- 1 red pepper, diced (119 g)
- 1/2 tsp each sea salt and black pepper, divided (plus more to taste)
- 1 jalapeño, diced with seeds
- 4 cloves garlic (2 Tbsp or 12 g)
- 3 Tbsp (24 g) chili powder, divided
- 2 Tbsp (14 g) ground cumin, divided
- 1 tsp smoked paprika
- 2 15-ounce (425 g) cans diced tomatoes (if unsalted, add more sea salt)
- 3 Tbsp (50 g) tomato paste
- 1 3/4 cup (420 ml) water, plus more as needed
- 3/4 cup (148g) dry red lentils, thoroughly rinsed in cold water + drained
- 1 15-ounce (425 g) can kidney beans, slightly drained
- 1 15-ounce (425 g) can black beans, slightly drained
- 1-2 Tbsp (12-24 g) coconut sugar (or maple syrup)
- optional: 1 15-ounce (425 g) can corn, drained

FOR SERVING optional

- DIY Chili "Cheese" Fritos
- Fresh chopped cilantro
- Avocado

Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.

Add jalapeño and garlic to a mortar and pestle and crush into a rough paste (alternatively, blend in a small food processor, or finely mince). Add to the pot with onion and red pepper, and season with another pinch salt and pepper.

Add 2 Tbsp chili powder, 1 Tbsp cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.

Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking you may need to add more water if the mixture is looking too dry and the lentils aren't submerged (I didn't find that necessary).

Next add kidney beans, black beans, 1/4 tsp each salt and pepper, and remaining 1 Tbsp cumin, and 1 Tbsp chili powder, and stir to combine.

Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.

Taste and adjust seasonings as needed, adding more chili powder or cumin for smokiness, salt for saltiness, or a little coconut sugar to balance the heat and draw out the other flavors.

Serve as is, or garnished with chili cheese fritos, fresh jalapeño, cilantro, red onion, and/or avocado (optional).

Store leftovers in the refrigerator up to 4 days, and in the freezer up to 1 month. Reheat on the stovetop, or in the microwave.

nutrition information per serving

CALORIES 320 FAT 6.8g SAT. FAT 0.7g CARBS 52.4g SUGAR 10g SODIUM 427mg FIBER 18.9g PROTEIN 15.9g

VEGAN
GLUTEN-FREE

SWEET POTATO CHICKPEA BUDDHA BOWL

Flavorful, filling, 30-minute Buddha Bowl with roasted sweet potatoes, onion, kale, crispy chickpeas, and an AMAZING tahini-maple sauce! A healthy, satisfying plant-based meal.

PREP TIME 5 minutes

COOK TIME 25 minutes

SERVES 2-3

VEGETABLES

2 Tbsp (30 ml) olive, melted coconut, or grape seed oil

1/2 red onion (55 g), sliced in wedges

2 large sweet potatoes, halved

1 bundle (227 g) broccolini, large stems removed, chopped

2 big handfuls (80 g) kale, larger stems removed

1/4 tsp each salt + pepper

CHICKPEAS

1 15-ounce (425 g) chickpeas, drained, rinsed + patted dry

1 tsp cumin

3/4 tsp chili powder

3/4 tsp garlic powder

1/4 tsp each salt + pepper

optional: 1/2 tsp oregano

optional: 1/4 tsp turmeric

TAHINI SAUCE (OPTIONAL)

1/4 cup (56 g) tahini

1 Tbsp (15 ml) maple syrup

1/2 lemon juiced (~3 Tbsp or 30 ml)

2-4 Tbsp (30-60 ml) hot water to thin

Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.

Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.

Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.

While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.

Once hot, add 1 Tbsp oil and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.

Once the chickpeas are browned and fragrant, remove from heat and set aside.

Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.

To serve: Slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce.

Best when fresh, though leftovers will keep for a few days in the fridge.

nutrition information reflects 1 of 3 servings with sauce

CALORIES 474 FAT 21g SAT FAT 2.8g CARBS 62g SUGAR 7.2g SODIUM 563mg FIBER 11.4g PROTEIN 13.2g







VEGAN
GLUTEN-FREE

GENERAL TSO'S TOFU STIR-FRY

FOR SERVING optional

3-4 cups (474-632 g) cooked white or brown rice

Steamed broccoli

TOFU

12 ounces (340 g) extra-firm tofu

3 Tbsp (45 ml) tamari or soy sauce (tamari for gluten-free eaters)

1 tsp chili garlic sauce

1 tsp toasted sesame oil

1 Tbsp (15 ml) maple syrup

4-5 Tbsp (28-35 g) cornstarch

2 Tbsp (30 ml) neutral oil (such as grape seed or canola)

SAUCE

2 tsp sesame oil

2 tsp cornstarch

2 large cloves garlic, minced (~1 heaping Tbsp or 7 g)

1 Tbsp (6 g) ginger, minced

1 Tbsp (15 ml) rice vinegar (or sub white vinegar)

1/4 cup (48 g) coconut sugar or maple syrup, plus more to taste (I used 2 Tbsp coconut sugar, 2 Tbsp maple syrup)

3 Tbsp (45 ml) tamari or soy sauce (or coconut aminos)

1 Tbsp (15 ml) water

STIR-FRY

1 Tbsp (15 ml) sesame oil

1 bundle green onions, bulbs removed, roughly chopped

4-7 dried red chilies (optional for heat, or sub 1 Tbsp chili garlic sauce | more or less to taste)

optional: Sesame seeds, for garnish

Extremely flavorful, General Tso's Tofu Stir-Fry in just 30 minutes! Spicy-sweet, protein-packed, and a healthier spin on takeout!

PREP TIME 15 minutes

COOK TIME 15 minutes

SERVES 2-3

If serving with rice and broccoli, begin preparing at this time. Otherwise, move onto the next step.

Wrap tofu in a clean, absorbent towel and set something heavy on top to wick away moisture, such as a cast iron skillet. Let rest for about 10 minutes.

Prep/chop green onions, garlic, and ginger at this time. Set aside.

While tofu is pressing, prepare sauce by combining sesame oil, cornstarch, minced garlic, minced ginger, rice vinegar, coconut sugar or maple syrup, tamari or soy sauce, and water in a small mixing bowl and whisk thoroughly to combine. If using coconut sugar, make sure it's dissolved before proceeding. Taste and adjust seasonings as needed (I left mine as is).

Heat a large metal or cast iron skillet (mine is 10") over medium heat. In the meantime, unwrap tofu and cut into even pieces, about 3/4-inch cubes (see photo).

Add tofu to a shallow mixing bowl (see photo) and top with tamari or soy sauce, chili garlic sauce, sesame oil, and maple syrup. Toss to combine. Let rest 2-3 minutes, stirring occasionally.

Use a slotted spoon or fork to transfer tofu to a quart-size or large freezer bag. Add cornstarch 1 Tbsp at a time and toss to coat. Continue adding more cornstarch and tossing until tofu is coated in a gummy, white layer - about 5 Tbsp.

To the hot skillet, add 2 Tbsp grape seed oil and let warm for 30 seconds. Then use a slotted spoon or fork to add tofu to the pan (leaving any excess cornstarch behind).

Cook on all sides for 1 minute, or until light golden brown. You don't want it blackened or burned, as you'll be cooking it again later with the sauce. Aim for a consistent golden brown crust (see photo). Remove tofu from pan as it's finished browning. Set aside.

Return skillet to burner and increase heat to medium-high. Add 1 Tbsp sesame oil, chopped green onions, and dried red chilies. Sauté for 1-2 minutes, stirring frequently.

Add the sauce and tofu. Cook, stirring frequently, to coat the tofu and vegetables for 1-2 minutes, or until warmed through and the sauce has slightly thickened (see photo).

Remove pan from heat and add sesame seeds (optional). Toss to coat.

Serve with rice and steamed broccoli (optional), or other desired sides. Best when fresh, though leftovers keep for 2-3 days in the refrigerator. Reheat on the stovetop or microwave.

nutrition information for 1 of 2 servings without rice or other sides (such as broccoli).

CALORIES 624 FAT 35.3g SAT FAT 4.5g CARBS 62.5g SUGAR 36.6g SODIUM 2774mg FIBER 4.5g PROTEIN 20.4g

VEGAN
GLUTEN-FREE

CRISPY PEANUT TOFU & CAULIFLOWER RICE STIR-FRY

Crispy tofu that's baked, not fried, and tossed in a 5-ingredient peanut glaze! Serve over cauliflower rice with sautéed veggies for a completely plant-based meal that's entirely vegan + gluten free!

STIR-FRY

12 ounces (340 g) extra-firm tofu, organic & non-GMO if possible*

1 Tbsp (15 ml) toasted sesame oil

1 small head cauliflower (~ 580 g)

2 cloves garlic, minced (1 Tbsp or 6 g)

SAUCE

1 1/2 Tbsp (15 ml) toasted sesame oil

1/4 cup (60 ml) low sodium soy sauce (tamari for GF eaters)

1/4 cup (55 g) light brown sugar (or honey if not vegan)

1/2 tsp chili garlic sauce

2 1/2 Tbsp (40 g) peanut butter or almond butter (natural, salted)

OPTIONAL EXTRAS

Veggies: baby bok choy, green onion, red pepper, broccoli

Toppings: fresh lime juice, cilantro, sriracha

NOTES FROM DANA

- » My block of tofu was 16 ounces, so I removed a small amount because 1 pound is too much for this recipe. Adjust the amount of tofu and sauce for the amount of people you're serving.
- » Tofu method adapted from my Tofu That Tastes Good Stir Fry

PREP TIME 30 minutes

COOK TIME 1 hour

SERVES 2

Begin by draining tofu 1.5 hours before you want your meal ready. If your block of tofu is larger than 12 ounces, trim it down. You don't need a full pound for this recipe (see notes).

Roll tofu in an absorbent towel several times and then place something heavy on top to press. I use a pot on top of a cutting board and sometimes add something to the pot to add more weight. Do this for 15 minutes.

Near the end of draining, preheat oven to 400 degrees F (204 C) and cube tofu. Place on a parchment-lined baking sheet and arrange in a single layer. Bake for 25 minutes to dry/firm the tofu. Once baked, remove from oven and let cool.

Prepare sauce by whisking together ingredients until combined. Taste and adjust flavor as needed. I often add a little more sweetener and peanut butter.

Add cooled tofu to the sauce and stir to coat. Let marinate for at least 15 minutes to saturate the tofu and infuse the flavor.

In the meantime, shred your cauliflower into rice by using a large grater or food processor. You don't want it too fine, just somewhat close to the texture of rice. Set aside. Mince garlic if you haven't already done so, and prepare any veggies you want to add to the dish (optional).

Heat a large skillet over medium to medium-high heat (6 out of 10), and if adding any veggies to your dish, cook them now in a bit of sesame oil and a dash of soy sauce. Remove from pan and set aside and cover to keep warm.

Use a slotted spoon to spoon tofu into the preheated pan. Add a few spoonfuls of the sauce to coat. Cook, stirring frequently for a few minutes until browned. It will stick to the pan a bit, so don't worry. Remove from pan and set aside and cover to keep warm.

Rinse your pan under very hot water and scrape away any residue. Place back on oven.

Add a drizzle of sesame oil to the pan, then add garlic and cauliflower rice and stir. Put cover on to steam the "rice." Cook for about 5-8 minutes until slightly browned and tender, stirring occasionally. Then add a few spoonfuls of sauce to season and stir.

Place cauliflower rice and top with veggies and tofu. Serve with any leftover sauce. Leftovers reheat well and will keep covered in the fridge for up to a couple days.

nutrition information per serving

CALORIES 524 FAT 34g SAT FAT 5g CARBS 38.5g SUGAR 24.7g SODIUM 1400mg FIBER 7g PROTEIN 24.5g







VEGAN
GLUTEN-FREE

1-HOUR VEGAN POT PIES

Easy, 1-hour vegan pot pies loaded with veggies and topped with flaky, from-scratch vegan biscuits!

PREP TIME 20 minutes

COOK TIME 40 minutes

SERVES 5

3/4 cup (55 g) chopped yellow onion

1 large clove garlic, minced

2 cups (480 ml) vegetable broth (vegan friendly, such as Orrington farms)

2 cups (256 g) frozen mixed vegetables (corn, green beans, carrots | or sub fresh)

1/4 cup (60 ml) unsweetened plain almond milk

~1/4 cup (34 g) unbleached all-purpose flour (or sub other thickener of choice)

2 bay leaves

pinch each sea salt and black pepper

1 batch Best Damn Vegan Biscuits (see pg 9 // or sub store-bought, pie crust, or puff pastry)

Preheat oven to 425 degrees F (218 C).

Add 2 Tbsp olive oil to a large saucepan over medium heat. Then add onion and garlic and a pinch of salt – stir. Cook until soft – about 7 minutes.

Add the flour and stir with a whisk, then slowly whisk in the broth.

Add almond milk and bay leaves and stir. Simmer until the mixture is thickened (about 10 minutes). If it still appears too thin, scoop out 1/2 cup of the broth and add 1-2 Tbsp more flour and whisk. Add back into the pot to thicken. Wait a few minutes. Then repeat if necessary.

While the sauce is thickening, prepare biscuits (if using). Cut out, leave unbaked, and set aside.

Once the sauce is thickened, add the frozen vegetables and cook for 4-5 more minutes. Taste and adjust seasonings, adding more salt and pepper if needed.

Discard the bay leaves and divide the mixture evenly between 5-6 lightly greased ramekins or a 8×8 baking dish. Top with vegan biscuits and brush the tops of the biscuits with melted vegan butter. Set your 8×8 dish or ramekins on a baking sheet to catch overflow and bake until the biscuits are golden brown and the filling is bubbly (about 14-17 minutes). Let cool for 5 minutes before serving.

If making ahead of time, simply spoon the cooked veggie mixture into your ramekins or dish, top with uncooked biscuits, and freeze. When ready to prepare, preheat oven to 425 degrees (218 C) and cook until the biscuits are golden brown and the mixture is bubbly – roughly 20-30 minutes.

NOTES FROM DANA

» This recipe could easily be adapted to include chicken. Simply add in 1 chicken breast cubed while the sauce is thickening before you add the veggies. Just make sure it's cooked all the way through before putting in ramekins for baking.

nutrition information per serving

CALORIES 307 FAT 12g SAT FAT 4g CARBS 41g SUGAR 5.5g SODIUM 1244mg FIBER 4.7g PROTEIN 8.3g

VEGAN
GLUTEN-FREE

ROASTED CAULIFLOWER TACOS WITH CHIPOTLE ROMESCO

CAULIFLOWER

1 small head cauliflower, chopped into bite-sizes pieces (smaller pieces roast more quickly!)

1-2 Tbsp (15-30 ml) avocado or coconut oil (if avoiding oil, omit or sub with water)

1 1/2 tsp ground cumin

1 tsp chili powder

1 tsp smoked paprika

1/2 tsp sea salt

SAUCE

4 cloves garlic (12 g), skin on

1/4 cup (28 g) raw almonds

1 15-ounce (425 g) can fire-roasted tomatoes, drained

2 cloves raw garlic, peeled

2 Tbsp (30 ml) olive oil (or sub water)

1 lime, juiced (~3 Tbsp or 45 ml)

1/4 tsp smoked paprika

1/2 tsp cumin

1/4 tsp sea salt, plus more to taste

1 Tbsp (15 ml) maple syrup, plus more to taste

1-2 chipotle peppers in adobo sauce (more for spicier sauce)

FOR SERVING

12-15 corn tortillas (to keep grain-free, use my Plantain Tortillas)

Lime juice / wedges

optional: Fresh cilantro

optional: Thinly sliced red cabbage

optional: Pepitas

Smoky, roasted cauliflower tacos with a spicy chipotle romesco sauce! An easy (30 minutes!) and flavorful plant-based meal that's versatile, healthy, and so satisfying!

PREP TIME 5 minutes

COOK TIME 25 minutes

SERVES ~12 tacos

Preheat oven to 400 degrees F (204 C) and add cauliflower to 1 large (or 2 small) baking sheets. Add oil (or omit/sub water), cumin, chili powder, paprika, and salt. Toss to combine and roast on the bottom rack for 20-25 minutes or until golden brown and tender.

To a separate baking sheet, add raw almonds and the 4 unpeeled garlic cloves. Roast on the center rack for 10-12 minutes or until the almonds have started to brown/crack and the garlic is starting to get golden brown in color. Remove from oven and set aside.

While cauliflower finishes roasting, add drained, fire-roasted tomatoes to a high-speed blender along with almonds, roasted garlic (peeled), raw garlic (peeled), oil (or water), lime juice, paprika, cumin, salt, maple syrup, and chipotle peppers in adobo sauce.

Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust flavor as needed, adding more lime for acidity, garlic for kick/zing, salt for saltiness, paprika or cumin for smokiness, maple syrup to offset heat/add sweetness, or chipotle peppers for more heat.

To serve, warm tortillas in the microwave or in the oven directly on the still-warm oven racks until pliable. Then add 1-2 Tbsp of the romesco sauce and a generous portion of cauliflower. Serve as is or garnish with lime juice/wedges, cilantro, cabbage, and/or pepitas (optional).

Best when fresh. Store leftover sauce in the refrigerator up to 1 week (or 1 month in the freezer), and the cauliflower in the refrigerator up to 3 days. Reheat cauliflower in a 350-degree F (176 C) oven until warm (best when fresh).

Nutrition information is a rough estimate for 1 taco without additional garnish

CALORIES 110 FAT 5.4g SAT FAT 0.7g CARBS 14.4g SUGAR 2.1g SODIUM 107mg FIBER 2.7g PROTEIN 2.5g







VEGAN
GLUTEN-FREE

NOODLE-FREE PAD THAI

Amazing noodle-free Pad Thai with rainbow vegetables and a spicy-sweet almond butter sauce. Just 30 minutes required and SO versatile!

PREP TIME 15 minutes

COOK TIME 15 minutes

SERVES 2-4

TOFU optional

1/2 cup (124 g) extra-firm tofu (excess liquid pressed out, crumbled with a fork)

1 Tbsp (15 ml) coconut aminos (or tamari or soy sauce if not GF)

1 tsp chili garlic sauce or 1/8 tsp red pepper flake

optional: 1/4 tsp ground turmeric

SAUCE

2 1/2 Tbsp (40 g) nut butter (almond butter, peanut butter, sunflower seed butter, etc.)

3 Tbsp (45 ml) lime juice

3 1/2 Tbsp (52 ml) coconut aminos (or sub tamari or soy sauce if not GF), plus more to taste

1/2 tsp red pepper flake or 1 tsp chili garlic sauce (Huy Fong Foods brand)

1 1/2 Tbsp (22 ml) maple syrup or (12 g) coconut sugar, plus more to taste

VEGGIES

1 Tbsp (15 ml) sesame oil (sub water or omit if low/no-fat)

1 serrano pepper, seeds + stem removed, thinly sliced (omit for less heat)

3 green onions, ends removed + thinly sliced

1 1/2 cups (135 g) thinly sliced red cabbage

1 red bell pepper (120 g), cored and thinly sliced lengthwise

2 Tbsp (30 ml) coconut aminos (or tamari or soy sauce if not gluten free), divided

4-5 large carrots, peeled and ribboned with a vegetable peeler (~4 cups packed or 300 g)

6 collard greens, large stems removed, stacked + thinly sliced (~2 cups packed or 72 g)

optional: 1/2 tsp freshly grated ginger (or 1/4 tsp ground ginger)

optional: 1/2 tsp freshly grated turmeric (or 1/4 tsp ground turmeric)

FOR SERVING optional

Fresh cilantro

Crushed peanuts / peanut sauce

Red pepper flake

If serving with tofu: Add tofu to a small mixing bowl and season with coconut aminos, chili garlic sauce (or pepper flake), and turmeric (optional). Stir and set aside.

Add all sauce ingredients to a small mixing bowl and whisk to combine. Taste and adjust flavor as needed, adding more lime juice for acidity, coconut aminos for saltiness, red pepper flake or chili sauce for heat, or maple syrup for sweetness. Set aside.

Heat a large skillet over medium heat. Once hot, add oil (or water), pepper, onions, cabbage, bell pepper, and 1 Tbsp coconut aminos. Cook for 3 minutes, stirring/tossing frequently.

Add tofu to a corner of the pan and sauté until slightly browned, stirring frequently - about 3-5 minutes.

Add carrots and collard greens and remaining 1 Tbsp coconut aminos and stir. Sauté for 2 minutes. Then add Pad Thai sauce and freshly grated ginger and turmeric (optional).

Sauté over medium heat until warmed through and collards are slightly wilted - about 3 minutes - stirring frequently.

Taste and adjust flavor of dish as needed, adding more maple syrup for sweetness, red pepper flake or chili garlic for heat, coconut aminos for saltiness, or lime juice for acidity.

Divide between serving plates and enjoy. Serve as is or with peanut sauce, crushed peanuts, cilantro, and lime wedges. Serves 2 as an entrée or 4 as a side.

NOTES FROM DANA

- » You can easily remove the tofu from this dish to keep the recipe soy-free! Other protein options could include crushed peanuts/nuts, serving the dish over quinoa, or even sprinkling on some hemp seeds.
- » Nutrition information is a rough estimate for 1/2 of the recipe without additional garnishes or toppings.
- » This recipe is Pad Thai-inspired and not authentic. It is my healthier take on a classic dish I love and am always looking for ways to recreate.

nutrition information per serving

CALORIES 307 FAT 12g SAT FAT 4g CARBS 41g SUGAR 5.5g SODIUM 1244mg FIBER 4.7g PROTEIN 8.3g

VEGAN
GLUTEN-FREE

GARLIC & WHITE WINE PASTA WITH BRUSSELS SPROUTS

Flavorful, insanely delicious pasta white wine and garlic white sauce and roasted Brussels Sprouts. Just 30 minutes and 10 ingredients required!

BRUSSELS SPROUTS

16 ounces (453 g) Brussels Sprouts, halved

1-2 Tbsp (15-30 ml) olive oil

Pinch each sea salt + black pepper

SAUCE + PASTA

3 Tbsp (45 ml) olive oil or vegan butter

4 large cloves garlic, chopped (~3 Tbsp)

1/3 (80 ml) cup dry white wine (Pinot Grigio, Chardonnay, + Sauvignon Blanc, are best)

4 Tbsp (32 g) arrowroot starch (or cornstarch)

1 3/4 cup (420 ml) unsweetened plain almond milk

4 Tbsp (15 g) nutritional yeast

Sea salt + black pepper to taste

1/4 cup (20 g) vegan parmesan cheese, plus more for serving

10 ounces (283 g) vegan, gluten-free pasta*

NOTES FROM DANA

- » For those curious, I also tested this recipe with Jovial grand gluten free tagliatelle. It contains eggs, but is gluten free and I thought it was nearly undetectably gluten free! But Trader Joe's brown rice + quinoa fusilli is another great choice that is vegan.
- » This recipe serves 2 as an entrée or 4 as a side.

PREP TIME 10 minutes

COOK TIME 20 minutes

SERVES 2-4

Preheat oven to 400 degrees F (204 C) and add Brussels sprouts to a baking sheet. Drizzle with oil, and season generously with salt and pepper and toss. Arrange in a single layer and set aside.

Bring a large pot of water to a boil (for cooking the pasta) and salt generously (~1 Tbsp). Set aside while preparing sauce.

Heat a large rimmed skillet over medium heat. Once hot, add oil and garlic. Sauté for 3 minutes or until fragrant and very slightly golden brown, then add wine (see photo). Be careful - it may flame, but only briefly. Stir and sauté for 2-4 minutes, or until the wine has reduced by about half.

Add arrowroot and whisk, then add almond milk and whisk. At this point, it will be very clumpy - this is normal. Transfer to a high speed blender and add nutritional yeast, salt + pepper, and vegan parmesan cheese. Blend on high until creamy and smooth.

Taste and adjust flavor as needed, adding more vegan parmesan or nutritional yeast for cheesiness, or salt and pepper for more overall flavor.

Transfer sauce back to the skillet and warm over medium-low heat until bubbly while whisking. The sauce should thicken, at which point you can lower the heat to low and simmer until pasta is cooked. If it looks too thick, thin with almond milk. If too thin, increase heat to medium to encourage thickening.

Add Brussels sprouts to the oven and cook for 12-15 minutes or until slightly golden brown and tender, stirring once at the 10-minute mark to encourage cooking.

Around this time, add pasta to boiling water and cook according to package instructions (mine took about 7-10 minutes, so I did that last. You want the pasta and Brussels to be done around the same time).

Once cooked, drained pasta and add directly to the sauce, along with half of the Brussels sprouts and toss to combine. Season with a bit more vegan parmesan cheese (optional) for extra flavor.

Serve with remaining Brussels sprouts and additional vegan parmesan cheese for flavor. I also like a bit of red pepper flake, but this is optional.

Best when fresh, though leftovers keep well in the refrigerator for 2-3 days. Reheat in the microwave for best results.

Nutrition information is a rough estimate for 1 of 4 servings

CALORIES 473 FAT 19.2g SAT FAT 2.8g CARBS 61.5g SUGAR 2.8g SODIUM 422g FIBER 6g PROTEIN 14.8g







DE SS ER TS

1-Bowl Vegan Chocolate Cake

No Bake Brownies with Chocolate Ganache

Vegan Gluten Free Black Bean Brownies

7-Ingredient Vegan Cheesecakes

VEGAN

1-BOWL VEGAN CHOCOLATE CAKE

1-bowl vegan chocolate cake made in less than 1 hour with simple ingredients. A 2-layer buttercream-frosted cake that's moist, fluffy, and rich with chocolate flavor.

PREP TIME 15 minutes **COOK TIME** 30 minutes **SERVES** 10

CAKE

- 1 1/2 cups (360 ml) original unsweetened Almond Breeze Almond Milk
- 2 tsp white or apple cider vinegar
- 1 1/4 cups (307 g) unsweetened applesauce*
- 1/2 cup (120 ml) strong brewed coffee (or sub more almond milk)
- 2/3 cup (160 ml) melted coconut oil, or sub grape seed or canola oil
- 2 tsp pure vanilla extract
- 2 cups + 2 Tbsp (320 g) whole-wheat pastry flour or unbleached all-purpose flour
- 1 1/3 cups (266 g) organic cane sugar (or sub granulated sugar)
- 1 cup (96 g) unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt

FROSTING

- 1 cup (16 Tbsp or 224 g) vegan butter, softened
- 2 1/2 - 3 cups (280-336 g) powdered sugar
- 2/3 cup (63 g) unsweetened cocoa powder
- 1/4 cup (30 g) dairy-free semisweet chocolate, melted and slightly cooled
- 2 tsp pure vanilla extract
- ~1/4 cup unsweetened original Almond Breeze Almond Milk

Preheat oven to 350 degrees F (176 C) and lightly spray 2 8-inch round cake pans or 1 large rectangular pan with nonstick spray (see notes for cooking times for different size pans). Dust with cocoa powder, shake out the excess and set aside.

Mix the almond milk and vinegar in a large mixing bowl, and let set for a few minutes to activate. Add the oil, coffee, vanilla extract, and applesauce and beat until foamy.

Add the flour, sugar, cocoa powder, baking soda, baking powder, and salt to a sifter and slowly sift over the wet ingredients while mixing with a hand-held or standing mixer. If you don't have a sifter, simply mix dry ingredients in another bowl and add to the wet mixture while beating. Beat until no large lumps remain. It should be creamy and pourable. Taste and adjust sweetness as needed, adding more sugar if desired (I found it plenty sweet).

Divide batter evenly between your 2 cake pans or rectangular pan.

Bake 25-30 minutes, or until a toothpick inserted into the center comes out clean. Let cool completely before frosting.

While cooling, prepare frosting by beating together all ingredients until light and fluffy, adding the powdered sugar in small amounts until you reach your desired consistency and sweetness. If it becomes too thick, add more almond milk. If it's too thin, add more cocoa powder or powdered sugar.

Once the cake is cooled, frost generously with buttercream frosting, adding a thick layer between the top and bottom layers (if doing a 2-layer cake). Alternatively, omit the frosting and dust with cocoa powder.

Serve with a scoop of dairy-free ice cream, a drizzle of chocolate, or caramel sauce, coconut whipped cream or a glass of almond milk!

nutrition information per slice

CALORIES 524 **FAT** 26g **SAT FAT** 15g **CARBS** 74g **SUGAR** 51g **FIBER** 5.1g **PROTEIN** 4.8g







VEGAN
GLUTEN-FREE

NO-BAKE VEGAN BROWNIES WITH CHOCOLATE GANACHE

Simple, raw vegan brownies studded with walnuts and cacao nibs! A 5-ingredient coconut oil chocolate ganache is optional but recommended for a fudgy, decadent finish. A healthier vegan, gluten free dessert!

BROWNIES

1 cup (93 g) + 1/2 cup (47 g) raw walnuts,
divided + more for topping

1 cup (150 g) raw almonds

2 1/2 cups (~425 g / 15 ounces) dates,
pitted (if dry, soak in warm water for 10
minutes then drain)

3/4 cup (60 g) cacao powder or unsweet-
ened cocoa powder

2 Tbsp cacao nibs + more for topping

1/4 tsp sea salt

GANACHE FROSTING (optional)

1/4 cup (59 ml) almond milk

1 cup (~175 g) dairy-free dark chocolate,
chopped

2 Tbsp coconut oil (or sub vegan butter),
melted

1/4 - 1/2 cup powdered sugar

1/4 tsp sea salt

PREP TIME 20 minutes

COOK TIME 1 minute

SERVES 12

Place 1 cup walnuts and 1 cup almonds in food processor and process until finely ground.

Add the cacao powder and sea salt and pulse to combine. Transfer to bowl and set aside.

Add the dates to the food processor and process until small bits remain. Remove and set aside.

Add nut and cocoa mixture back into food processor and while processing, drop small handfuls of the date pieces down into the food processor or blender spout.

Process until a dough consistency is achieved, adding more dates if the mixture does not hold together when squeezed in your hand. You may not use all the dates.

Add the brownie mixture to a small parchment lined 8x8 dish and before pressing, add remaining 1/2 cup roughly roughly chopped walnuts and cacao nibs and toss to combine and evenly distribute. Then press down with hands until it is flat and firm. I like laying down a piece of plastic wrap to prevent sticking and get it really flat.

Lift parchment paper to remove brownies from dish and use hands to slightly squeeze in the sides to create a smaller square - this will make the brownies slightly thicker and more dense.

Transfer back to dish and place in freezer or fridge to chill for 10-15 minutes before cutting into 12 even squares (If adding ganache, slice afterwards!).

FOR THE GANACHE: Add almond milk to a mixing bowl and microwave for 45 seconds or until very warm. Alternatively, heat in a small saucepan until just simmering, then transfer to mixing bowl.

Immediately add chocolate to warm milk and loosely cover. Don't touch for 2 minutes so it can melt.

Add salt and stir gently with a wooden spoon to incorporate, then add melted coconut oil and use a whisk to mix. Set in fridge for 10 minutes to thicken.

Remove from fridge and add powdered sugar a little at a time to thicken. Whisk again to combine. If it's still too thin, add another few Tablespoons powdered sugar and beat until light and fluffy.

Frost brownies generously with frosting and then top with additional raw walnuts and cacao nibs (optional). Slice into 12 even squares.

Store brownies in an airtight container to keep fresh. Will keep for 3-4 days at room temperature, or in the freezer for at least 1 month (though best when fresh).

NOTES FROM DANA

» Brownies adapted from my 5-minute Vegan Espresso Brownies.

nutrition information per brownie with ganache frosting

CALORIES 390 FAT 23g SAT FAT 7g CARBS 44g SUGAR 31g SODIUM 90mg FIBER 8g PROTEIN 9.4g

VEGAN
GLUTEN-FREE

VEGAN GLUTEN-FREE BLACK BEAN BROWNIES

Black bean brownies (vegan and gluten-free) that require just 1 bowl and about 30 minutes to prepare! Healthy, easy, and delicious - the best kind of dessert.

PREP TIME 5 minutes

COOK TIME 25 minutes

SERVES 12

1 15-oz. (425 g) can (~ 1 3/4 cups)
black beans, well rinsed and drained

2 large flax eggs (2 heaping Tbsp (~16 g)
flaxseed meal + 6 Tbsp (90 ml) water)

3 Tbsp (45 g) coconut oil, melted
(or sub other oil of choice)

3/4 cup (72 g) cocoa powder
(the higher quality the better)

1/4 tsp sea salt

1 tsp pure vanilla extract

heaping 1/2 cup (105 g) organic cane
sugar, slightly ground or pulsed in a
food processor or coffee grinder for
refined texture

1 1/2 tsp baking powder

Optional toppings: crush walnuts,
pecans, or dairy-free semisweet
chocolate chips

Preheat oven to 350 degrees F (176 C).

Lightly grease a 12-slot standard size muffin pan (not mini). Make sure you've rinsed and thoroughly drained your black beans at this point.

Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.

Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want it pretty smooth.

If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.

Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.

Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.

Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. I found mine took about 25.

Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist - that's the point. Plus, they're vegan so it doesn't really matter.

Store in an airtight container for up to a few days. Refrigerate to keep longer.

nutrition information per brownie

CALORIES 140 FAT 6g CARBS 22g SUGAR 9g SODIUM 163mg FIBER 7g PROTEIN 5g







VEGAN
GLUTEN-FREE

7-INGREDIENT VEGAN CHEESECAKES

7-ingredient vegan, gluten-free cheesecakes that are creamy, slightly tart, perfectly sweet, and 100% irresistible. Better than real cheesecake and the perfect healthy, simple dessert to feed a crowd (or just you).

CRUST

1 cup packed (200 g) pitted dates*

1 cup (120 g) raw walnuts

FILLING

1 1/2 cups (180 g) raw cashews, quick-soaked*

1 large lemon, juiced (scant 1/4 cup or 50 ml)

1/3 cup (80 g) coconut oil, melted

1/2 cup + 2 Tbsp (150 ml) full-fat coconut milk (see instructions for note)

1/2 cup (120 ml) agave nectar or maple syrup (or honey if not vegan)

FLAVOR ADD-INS optional

2 Tbsp (32 g) salted natural peanut butter

1/4 cup (37 g) wild blueberries (fresh or frozen)

3 Tbsp bourbon caramel sauce

NOTES FROM DANA

- » If your dates are not sticky and moist, you can soak them in warm water for 10 minutes then drain. But be sure to drain thoroughly and pat dry to prevent the crust from getting soggy.
- » To quick-soak cashews, pour boiling hot water over the cashews, soak for 1 hour uncovered, then drain and use as instructed.
- » Adapted from Sidesaddle Kitchen

TOTAL TIME 1 hour 30 minutes **SERVES** 12

Add dates to a food processor and blend until small bits remain and it forms into a ball. Remove and set aside.

Next add nuts and process into a meal. Then add dates back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more almond or walnut meal. Optional: add a pinch of salt to taste.

Lightly grease a standard, 12 slot muffin tin. To make removing the cheesecakes easier, cut strips of parchment paper and lay them in the slots. This creates little tabs that makes removing them easier to pop out once frozen.

Next scoop in heaping 1 Tbsp amounts of crust and press with fingers. To pack it down, use a small glass or the back of a spoon to compact it and really press it down. I found the bottom of a glass works well. If it sticks, separate the crust and the glass with a small piece of parchment. Set in freezer to firm up.

Add all filling ingredients to a blender and mix until very smooth. For the coconut milk, I like to scoop the "cream" off the top because it provides a richer texture. But if yours is already all mixed together, just add it in as is.

You don't need a Vitamix for this recipe, just a quality blender. I mixed mine for 1 minute, then "liquified" or "pureed" it until silky smooth. If it won't come together, add a touch more lemon juice or agave or a splash more coconut milk liquid as the liquid should help it blend better.

Taste and adjust seasonings as needed. If adding peanut butter, add to the blender and mix until thoroughly combined. If flavoring with blueberry or caramel, wait and swirl on top of plain cheesecakes (optional).

Divide filling evenly among the muffin tins. Tap a few times to release any air bubbles, then cover with plastic wrap and freeze until hard - about 4-6 hours.

Once set, remove by tugging on the tabs or loosening them with a butter knife. They should pop right out. Our favorite way to devour these was with a little more caramel and a touch of coconut whipped cream. But they're perfect as is! Keep in the freezer for up to 1-2 weeks.

Optional: You can set them out for 10 minutes before serving to soften, but I liked them frozen as well.

nutrition information per cheesecake

CALORIES 324 **FAT** 22g **SAT FAT** 8.7g **CARBS** 29g **SUGAR** 21g **SODIUM** 10mg **FIBER** 2.6g **PROTEIN** 6g



[MINIMALIST BAKER](#) is a space for simple, delicious food. Every recipe we create requires just 30 minutes, 1 bowl, or 10 ingredients to prepare.

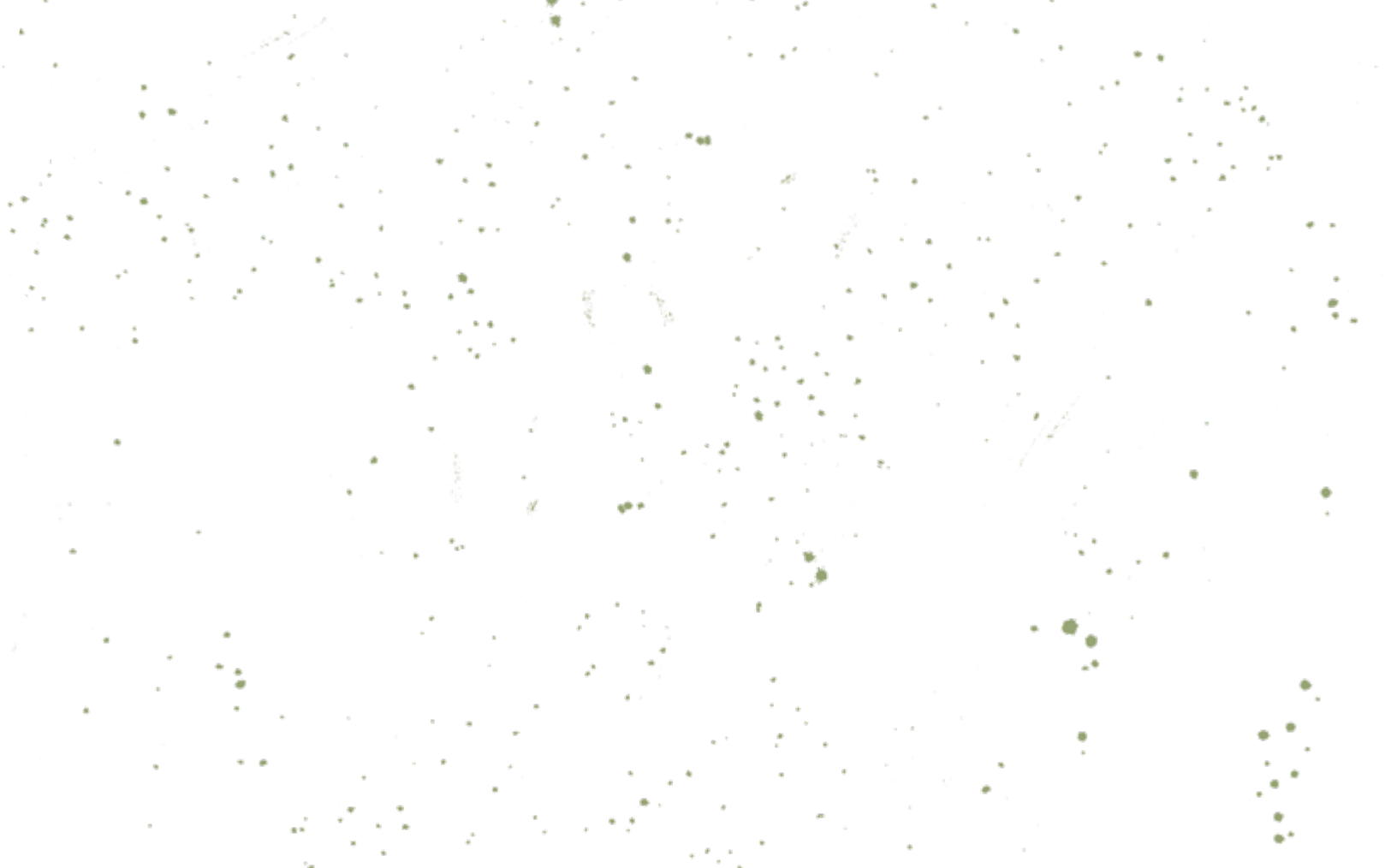
We're Dana and John and together we created this blog in 2012 with the goal of making delicious food simple. Dana develops the recipes, takes the photos, and writes the content, while John designs and manages the technical side of the site. He's also our [BLOGGER RESOURCES](#) guru.

If you enjoy the recipes in this book, be sure to check out our other products - [31 MEALS ECOOKBOOK](#), [MINIMALIST BAKER'S EVERYDAY COOKING COOKBOOK](#), [FOOD PHOTOGRAPHY SCHOOL](#), and [FOOD VIDEO SCHOOL](#).

And don't forget - we love seeing what you cook from our site, so please let us know by tagging a picture [#MINIMALISTBAKER](#) on Instagram. Cheers, friends!

LOVED THIS? SHARE IT!





INTELLECTUAL PROPERTY DISCLOSURE Copyright © 2017 Minimalist Baker LLC. All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher, except for the use of brief quotations in a book review. This book contains intellectual property owned by Minimalist Baker LLC, including trademarks, copyrights, proprietary information, and other intellectual property. You may not modify, publish, transmit, participate in the transfer or sale of, create derivative works from, distribute, display, reproduce or perform, or in any way exploit in any format whatsoever any of the book or service, content or intellectual property, in whole or in part, without our prior written consent.

NUTRITIONAL INFORMATION DISCLOSURE The recipes contained in this book have been created for the ingredients and techniques indicated. The Publisher is not responsible for your specific health or allergy needs that may require supervision. Nor is the Publisher responsible for any adverse reactions you may have to the recipes contained in the book, whether you follow as written or modify to suit your personal dietary needs or tastes. Nutritional information included as part of this cookbook is an estimate and provided as a courtesy. Although we've attempted to provide accurate data, this information is not a guarantee. Nutritional information was calculated with the help of online calculators such as Caloriecount.com. Varying factors such as product types and the way ingredients are processed change the effective nutritional information in any given recipe. To obtain the most accurate representation of the nutritional information in a recipe, you should calculate the nutritional information with the ingredients and quantities actually used or substituted in your recipe.
